

Is Sleep Divorce the New Sleep Trend?



public health epidemic.

These sleep studies have dealt with sleeping habits of babies and teenagers and men and women of all ages. This recent sleep study is interesting because it looks at the sleep patterns of couples who share a bed - not many studies have looked at this as it has historically been taboo to suggest that couples sleep apart.

British sleep expert Neil Stanley has found that couples who sleep in the same bed have disrupted sleep 50% of the time.

Two adults in a double bed each have nine inches less space than a child in a single bed so it's no wonder. Then there is the snoring to contend with, restless movements, temperature, cover stealing and the get-your-leg-off-me-when-I'm-asleep syndrome - 63% of couples say they don't like touching while they are asleep. For something we do every night there are a lot of factors to contend with.

One of the first studies that looked at the sleep patterns of couples measured brainwaves and found that couples who slept apart had more deep stage-four sleep.

And if that isn't enough to reconsider, a recent Better Sleep Council study suggests that insufficient sleep leads to more arguments between couples. It has even been determined that the person who didn't get a good night's sleep because their partner's sleep habits disrupted theirs are much less empathetic with their partner and though not arguing, the sleepless partner tends not to say anything nice about their

partner either.

The Home Builders Association in the United States has predicted that new homes will include two master bedrooms by 2016. So that is one solution to the problem.

But if you are a couple that likes cuddling or spooning all night long, and only 13% of couples do, then it looks like having a great sleep is not enough to keep you apart. So there are still some alternatives that we can show you at Sleep Experience to help the two of you sleep better.

Mattresses made with material such as natural latex tend to restrict the outward flow of movement. So if one person is restless, the other person won't feel the ripple of movement from

their side of the bed. Natural latex mattresses also tend to regulate heat better and are cooler to sleep in. Often times, snoring problems can even be eliminated by the proper mattress or even pillow and we can show you what works best.

For ultimate luxury and togetherness the perfect bed would be an adjustable split mattress. Sleep Experience has models in the showroom that allow each person to adjust their side of the bed to help them get a good night's sleep.

Visit Sleep Experience to try out all the alternatives that can help your relationship and don't forget to bring your partner with you unless you have decided to add another master bedroom to your home.

Melissa Lepine

Sleep Experience

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